



**Title:** The Picky Eater Course

**Contact hours:** 5.0 hours

**Educational Level:** Introductory

**Audience:** Parents and Family Members, Child Care Professionals, Speech-Language Pathologist and Assistants, Occupational Therapists and Assistants, Physical Therapists and Assistants, Lactation Consultants, Nurses, Pediatricians and Assistants, Dental Professionals, Early Interventionists and Assistants, Educators and Assistants and Appropriate Others in Pediatric Health Professions or Care.

**Course Description:** The Picky Eater Course is an online course that includes Power Point and video teaching by pediatrician Nimali Fernando, MPH, MD and feeding specialist Melanie Potock, MA, CCC-SLP. This course teaches parents and professionals how feeding disorders develop and offers strategies on what can be done to support the infant, toddler or school age child who presents with feeding challenges. Course content includes foundational knowledge on medical issues and physiology; sensory processing; gross, fine and oral motor skills plus learned behaviors that impact a child's ability to interact with new tastes, textures and temperatures. The range of picky eating can vary, and the discussion includes red flags that may indicate a need for a feeding evaluation and possible treatment.

#### **Learner Outcomes**

1. Discuss how protective behaviors develop when gastrointestinal discomfort, sensory processing challenges, delayed gross and/or fine motor skills impact a child's willingness to eat.
2. Recognize the signs that arise when Upper Lip Ties and Posterior Tongue Ties (Tethered Oral Tissue) influence the development of feeding skills.
3. Understand how feeding development can be supported in babies and toddlers through proper positioning, correct use of the spoon and self-feeding methods.
4. Describe how growth can be effected in picky eaters who are overweight or those who are underweight and how a processed diet can influence a child's food preferences.
5. Recognize how the swallow pattern changes as children mature and discuss the impact it may have on picky eating.
6. Implement basic strategies to help children interact with new foods while keeping mealtimes joyful and relaxed.
7. Recognize the red flags that may indicate a need for a feeding evaluation and possible treatment and how to seek help.

#### **Time-Ordered Agenda: 5 Hours Total**

Introduction - 2 minutes

Module One: How Feeding Challenges Develop – 100 minutes

Module Two: Babies – 31 minutes

Module Three: Toddlers – 112 minutes

Module Four: School Age Children – 21 minutes

Module Five: Strategies for the Whole Family – 26 minutes

Module Six: Hesitant Eater or Something Else – 10 minutes



### **Faculty Information and Disclosures**

**Dr. Nimali Fernando, MPH** is a Fellow of the American Academy of Pediatrics who has gained national attention for her focus on healthy eating in children. Her practice, Yum Pediatrics in Virginia, features a teaching kitchen and garden, and has gained national attention as a hotspot for nutrition education. Her website is [www.DoctorYum.org](http://www.DoctorYum.org).

*Financial:* Dr. Fernando is the co-author of *Raising a Healthy Happy Eater: A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating*, for which she receives royalty payments. She is a full time pediatrician and founder of Yum Pediatrics in Virginia. Dr. Fernando co-owns Parenting in the Kitchen LLC and the online educational course titled *The Picky Eater Course* and profits from registrations online. Dr. Fernando may receive a stipend for some articles that may appear online or in magazines.

*Non-financial:* Dr. Fernando is the founder of the non-profit The Doctor Yum Project and does not receive compensation for her role.

**Melanie Potock, MA, CCC-SLP** is a feeding specialist and international speaker who presents a variety of ASHA and AOTA approved courses listed on her website [www.MelaniePotock.com](http://www.MelaniePotock.com) or [www.MyMunchBug.com](http://www.MyMunchBug.com). Melanie treats children with feeding challenges from birth to age seventeen years while balancing her career as an author and media expert on parenting and feeding children.

*Financial:* Melanie Potock, MA, CCC-SLP is the co-author of *Raising a Healthy Happy Eater: A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating*, for which she receives royalty payments. She is the co-author of *Baby Self-Feeding: Solid Food Solutions to Create Lifelong Healthy Eating Habits* and was paid to write the book. She is the author of *Happy Mealtimes with Happy Kids: How to Teach Your Child about the Joy of Food!*, for which she receives royalty payments. Melanie is the executive producer of the children's music CD titled *Dancing in the Kitchen* and profits from song purchases. Ms. Potock co-owns Parenting in the Kitchen LLC and the online educational course titled *The Picky Eater Course* and profits from registrations online. Ms. Potock is an international speaker who presents a variety of courses and is paid to present these courses at various events. She owns a therapy practice for the assessment and treatment of feeding challenges in children and is paid for that service. She may receive a stipend for some articles that may appear online or in magazines.

*Non-financial:* Melanie Potock is a regular monthly contributor to the American Speech Language Hearing Association's blog, *The ASHA Leader*, and she is not compensated. She may not receive a stipend for some articles that appear online or in magazines. She is the co-author of *Doctor Yum's Preschool Food Adventure*, a preschool food education curriculum and does not receive compensation for her role supporting that program.

### **Refund and Cancellation policy**

Paid registration for *The Picky Eater Course* is valid for a period of 30 days. No refunds are provided once the consumer has registered for the course.

### **Disclaimer**

*The Picky Eater Course* and all supplemental materials on Parenting in the Kitchen.com are educational in nature and do not represent intent to provide feeding therapy or medical advice to individuals who register for the course. The information on the website should not be considered medical advice. It is educational and nature. Should you have concerns about your child's weight, health or eating habits, please consult with your child's physician.